

🔁 Customized Protein 🕂 Add

# HELLO FRESH Honey Pork Meatballs

with Dried Cranberries and Creamy Smashed Potatoes

Family Friendly 30–40 Minutes





Swap or Couple If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca

Ground Turkey **250 g | 500 g** 

Plant-Based Ground Protein 250 g | 500 g

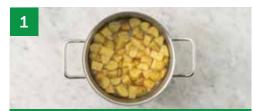


Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



#### Pantry items | Unsalted butter, salt, pepper

Cooking utensils | Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, whisk, large pot, large non-stick pan



#### **Cook potatoes**

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

• Cut potatoes into 1-inch pieces.

- Add potatoes, 2 tsp salt and enough water to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium.
- Simmer uncovered until potatoes are fork-tender, 10-12 min.



- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp) butter, then swirl until melted, 30 sec.
- Add carrots and 2 tbsp (4 tbsp) water. Cook, stirring occasionally, until starting to soften, 2-3 min.
- Add zucchini. Cook, stirring occasionally, until veggies are tender-crisp and water is absorbed, 4-5 min.
- Season with salt and pepper, to taste.
- Remove from heat. Transfer veggies to a plate, then cover to keep warm.



### Prep

5

Make sauce

over medium.

sauce. Toss to coat.

2-3 min.

 Meanwhile, peel, then halve carrot lengthwise. Cut into 1/4-inch half-moons.

• Add 1/3 cup (1/2 cup) water, broth concentrate,

• Add dried cranberries. Bring to a simmer

Once simmering, cook, stirring often, until

• When **meatballs** are done, add to the pan with

sauce is smooth and thickens slightly,

pepper, then whisk to combine.

honey and Dijon to the same pan. Season with

- Halve zucchini lengthwise, then cut into <sup>1</sup>/<sub>2</sub>-inch half-moons.
- Finely chop dried cranberries.



# Form and roast meatballs

#### 🔇 Swap | Ground Turkey

#### O Swap | Plant-Based Protein

- Line a baking sheet with parchment paper.
- Add pork, breadcrumbs and  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) salt to a large bowl. (TIP: If you prefer a more tender meatball, add an egg to mixture!)
- Season with pepper, then combine.
- Roll mixture into 12 equal-sized meatballs (24 meatballs for 4 ppl), then transfer to the prepared baking sheet.
- Roast in the middle of the oven until cooked through, 10-12 min.\*\*



### **Finish and serve**

- When potatoes are fork-tender, drain and return to the same pot, off heat.
- Mash cream and 1 tbsp (2 tbsp) butter into potatoes until slightly mashed. Season with salt and pepper, to taste.
- Divide smashed potatoes and veggies between plates.
- Top potatoes with meatballs and any remaining sauce from the pan.

#### Measurements 1 tbsp (2 tbsp) oil within steps 2 person Ingredient 4 person

# 3 Form and roast turkey meatballs

#### O Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the pork.\*\*

## 3 | Form and roast plant-based meatballs

#### 🚫 Swap | Plant-Based Protein 🕽

If you've opted to get plant-based ground protein, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **pork**. \*\*



